

Schizophrenia Of the Main Character In *Fear Of Rain* Movie Directed By Castille Landon

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Abstract

Literature is something that cannot be separated from people's lives, and films are one of the most popular forms of literary works today. Mental health is an important focus in everyone's life, to maintain and maintain sanity for a better life. This study discusses mental health problems, namely schizophrenia, with films as research objects. The purpose of this study was to find out the early symptoms of schizophrenia, the impact of schizophrenia, and the role of parents in responding to children with schizophrenia. This research uses descriptive qualitative method where the data collected is in the form of words, pictures and not numbers. Schizophrenia has two types of initial symptoms, namely positive symptoms and negative symptoms. In "FEAR OF RAIN" movie, the writer found that the character Rain (1). experiences positive symptoms, such as hallucinations and delusions. (2). The impact of schizophrenia makes it difficult for Rain to adapt to her family, friends and environment, because relapse can pose serious risks such. (3). In the film, the role of parents is very important like Rain parents who always accompany and support Rain in every difficult time. This shows how important the role of parents is in the condition of children with schizophrenia. The conclusion is that in *Fear of Rain* movie the main character experiences early symptoms in the form of hallucinations and delusions that cause Rain to experience excessive anxiety and aggressive behavior. This film shows the important role of parents in supporting the recovery of children with schizophrenia, just like what Rain's parents did in the film.

Keywords: Schizophrenia; Early Symptoms; Impact of schizophrenia; The role of parents.

1. Introduction

Literature is an important inseparable part of human life. A literary work is created by someone based on their imagination, personal experience, or a true story that is conveyed through films, poetry and drama. Literary works are arranged in an attractive way to arouse one's curiosity and to be enjoyed. According to Sugihastuti's view in (Wijayanti1, 2020), Writers use literary works as a means to express their ideas and personal experiences. Literary works can also reflect the author's views on various problem observed in their environment. In literary works the author express their views on life and humanity, inspired by personal experiences, thought and feelings (Sukirman, 2021).

Pratama in (Yastanti1, 2019), states that literature encompasses the examination of various aspects of life, humanity, perspectives, social dynamics, and culture. It involves the exploration and understanding of these elements through different literary form such as poetry, plays, novels, and short stories. It means the study of literature offers an opportunity to appreciate and engage with a diverse range of literary works that provide insight into the experience the world we live in.

The word "Literature" refers to written and sometimes oral composition. It comes from the Latin term "literature" meaning "Written works", and usually includes imaginative writing such as poetry, drama fiction, and no-fiction, occasionally extending to journalistic pieces and songs (Lombardi, 2020).

The relationship between psychology and literature. Literary psychology is an approach that studies thoughts, feelings, and human behavior in the context of literary works. Monghaddam in (Ahmadi, 2019), states that "Literature is various forms, especially novels, plays, and poetry, are considered as data sources psychological". It means literary works can provide a deep understanding of thoughts, feelings, and human behavior through the depiction of characters, emotional conflicts, and social interactions presented in literary stories.

Film can be called movie is one of the literary works that entertains everyone, the stories that are poured in the form of film have unique elements that make everyone who watched them feel entertained. According to Thomson in (Fussalam, 2019), a movie which can also be referred to as a film, motion picture, moving pictures, or photoplay, is a collection of pictures that, when projected onto a screen appear to be in motion and create the illusion of a continuous sequence. Barnwell in (Khairunas1, 2018) states that "Film is a huge part of our everyday lives". It's not just a source of entertainment and conversation, but it also influences our thoughts and perspectives on the world and its people.

According to Arfani in (Aning Kartina1, 2019), movie is a form of entertainment that enacts a story by sound and a sequence of images giving the illusion of continuous movement. It means that movie is a type of entertainment that uses a combination of sound and series of images to portray a story in a way that creates the impression of continuous motion. Based on the definitions provided by the experts mentioned, it can be concluded that a movie, or film, is a collection of pictures or a sequence of images that, when projected onto a screen, create the illusion of continuous motion. Movies are not merely a source of entertainment and conversation but have a profound influence on our thoughts and perspective regarding the world and its people.

Schizophrenia Mental illness refers to a broad range of mental health conditions that affects an individual's thinking, behavior, and mood. Mental illness can impact person's ability to function in their daily life, maintains relationships, and carry out their responsibilities. Example of mental illness include, depression, anxiety disorders, bipolar disorders, schizophrenia, personality disorders, eating disorders, and substance use disorders. Mental illness can be caused by a combination of genetic environmental, and lifestyle factors, and it is treatable with therapy, medication, or a combination of both.

According to Stephan Ripke1 (2020) Schizophrenia is a mental disorder that typically emerges during late adolescence or early adulthood, and can cause a range of symptoms. People with schizophrenia are at increased risk for suicide and physical illnesses, and the disorder can also lower life expectancy. Schizophrenia is a serious mental illness that affect a person's life. The persistent and distressing symptoms of schizophrenia, such as delusions and hallucinations, can be difficult for individuals to manage, and this can have a negative impact on their overall well-being.

According to (Zahnia1, 2016), schizophrenia refers to a group of psychotic disorders that have certain characteristics in thinking patterns. People with schizophrenia may experience the sensation that they are being controlled by external forces, have sometimes bizarre delusions, experience perceptual disturbances, change emotions out of proportion to real situations, and may also show signs of autism.

FEAR OF RAIN is an American film that discusses mental health problem in which the main character, Rain, struggles to be able distinguish between reality and hallucination when she has schizophrenia. The writer's reason for choosing the title about schizophrenia is to broaden the writer's knowledge and provide knowledge to the readers about the importance of maintaining mental health, that unwanted things do not to occur, such as depression, trauma and others.

2. Method of Research

The writer uses a descriptive qualitative method. The research activities comprise data collection, data analysis, drawing conclusions based on the available evidence. In the process of writing this thesis, the writer found information from journals, article, books and the internet. The research titled "Schizophrenia of the Main Character in *Fear of Rain*" movie, directed by Castille Landon, and uses the movie as an object analysis to explore the issue of mental health related to schizophrenia. Moleong (2005:4) in (Manafe & Neolaka, 2020), a qualitative descriptive approach is a research where the data collected is in the form of words, pictures, and not numbers.

3. Findings and Discussion

1. Early Symptoms of Schizophrenia

According to Keliat in (Utami, 2022), "Schizophrenia has several symptoms, namely ":

Positive symptoms;

- a. Hallucinations are also a common symptom of schizophrenia. Hallucinations are perceptions of things that are not actually there. They can involve any of the senses, such as hearing, seeing, tasting, smelling, or touching things that are not real.
- b. Delusion are false beliefs that are maintained despite evidence to the contrary. They can be difficult for others to change and are often related to uncontrolled thoughts. Delusions are a common symptom of many mental disorders, including schizophrenia.
- c. Changes in the stream of thought are a Hallmark of schizophrenia. There are several types of thought disturbances, including: Thought interruption, Incoherence, Neologisms.

- d. Changes in behavior can also occur in people with schizophrenia. These changes may be sudden and unusual compared to what others are accustomed to seeing. However, it's important to note that not all people with schizophrenia will experience changes in behavior.

Negative symptoms

- a. Hyperactivity: a condition when people with schizophrenia continue to be active regardless of time, situation and environment.
- b. Agitation: feelings of anxiety or annoyance, anger make people with schizophrenia feel restless.
- c. Irritability: easily angry and easily frustrated.

1. Hallucinations

Hallucination is also a common symptom of schizophrenia. Hallucinations are perceptions of things that are not actually there. They can involve any of the senses, such as hearing, seeing, tasting, smelling, or touching things that are not real. Hallucination refers to a symptom in individuals with mental disorders, which are characterized by changes in sensory perception, where individuals feel false sensations such as sound, sight, touch, and smell, Keliat in (Kamariyah, 2021).

The figure below shows how Rain had hallucinations while she was talking to her dead mother.



Figure 1

Rain talked to her mother while painting.

Rain : "Woe is me. I have a spectacularly talented daughter, who's willing to spend hours memorializing me."

Mom : "I can actually feel myself aging".

Rain : "Yeah, you're right. A lot of wrinkles. Who knows how long that'll take – Hmm".

In the picture above, Rain has a conversation with her mother while painting her mother's face, their conversation looks so happy. However, unknowingly, it turns out that Rain is only talking with her hallucinations, which means that the person she is talking to is just a hallucination, not reality. Her mother had passed away 3 years ago, but the appearance of schizophrenia in Rain's life makes her believe that her mother is still alive. This is proven when Rain is always reminded by her hallucination mother to take sedatives and always becomes a friend to confide in when Rain feels down.



Figure 2

Rain hear a sound

Rain : “Did you heard anything”?

Mom : “Mm..mm, so how was your first day back”?

Rain : “It was great, yeah everyone things I’m a freak”.

Mom : “Oh I doubt that, isn’t cool to be different nowadays?, not recently hospitalized for psychosis”.

Rain : “It’s like the biggest event of the year for them. It’s ridiculous. I mean, everyone knows. Even my teacher. It’ll blow over”.

In the picture above, Rain looks confused when she hears a strange sound coming from the direction of her bedroom window. To confirm what she hears, Rain immediately asks her mother if she can also hear the sound. However, her mother doesn't give an answer and quickly changes the course of the conversation. The bold sentence confirms the suspicion that Rain is indeed in a sick condition, having just returned from the hospital.



Figure 3

**Rain’s parents calmed Rain who is panicking
Help!!!**

Rain : “It’s not real, It’s not real, It’s not real, It’s not real”.

Dad : “Rain, Hey”?

Rain : “Did you hear that”?

Dad : “What”?

Rain : “There-there was a-a girl. A girl next door, a tiny little girl”.

Dad : “um where...”

Rain : “She was,,, She was screaming for help. Did you hear”?

Dad : “Um, no. I..I didn't hear anything”.

Mom : “Where did you see her”?

Rain : “In the...Over there in the window”.

Dad : “Rain, there's nobody out here”.

Rain : “No, she was... she was there. I swear. She was standing there and then she...She grabbed her”.

Mom : “Who? Ms. McConnell”?

Rain : “No. I don't know! I couldn't see”.

Rain suddenly wakes up while sleeping, feeling someone touching her face and hearing the voice of a young child asking for help. Despite being startled, Rain tries to keep herself composed and reassure herself that the voice is not real. Upon hearing Rain's voice, her parents immediately come to her room. With a concerned look on her face, Rain asks her father about the voice she hears while trying to convince her parents that there is a little girl in their neighbor's attic being choked by Mrs. Collins. But her father tries to calm Rain down and convinces Rain that the child's voice isn't real, it's just Rain's hallucination. That night, Rain, who is scared and curious about a voice asking for help, finally has her mother accompany her so that Rain feels calmer.

2. Delusions

Delusion are false beliefs that are maintained despite evidence to the contrary. They can be difficult for others to change and are often related to uncontrolled thoughts. Delusions are a common symptom of many mental disorders, including schizophrenia.

Delusions are persistent beliefs that differ from other people's views of value, held by people with psychiatric disorders (Dewi1, 2020). According to Nevid Jeffrey in (Ahsan, 2022) delusion is " beliefs that exist in a person who suffers from schizophrenia in a strong but inaccurate manner. Which continues to exist in his mind even though evidence shown that it has no basis in reality"



Figure 4
Rain screaming in the hospital

Rain : “Hey ! stop! Stop! Stop!. He’s coming”!!!

Doctor : “Hang on”!!!

Nurse : “Stop! You’re making it worse! Stop”!

In the beginning of the film, Rain is shown being chased by a stranger in the forest, who eventually buries her alive. Rain runs and screams for help, but it turns out that the whole incident is a delusion while she is lying in the hospital. The delusion become even more vivid as Rain repeatedly screams, "stop, stop, stop, he's coming." Rain feels that the doctor who is comforting her is the man who is chasing her, just like the one she saw in the forest. At the hospital, Rain is accompanied by her parents who witness her relapse. The doctor subsequently declares that Rain is diagnosed with schizophrenia.



Figure 5
Rain is afraid of rain and sound

Caleb : “My-my windshield wipers aren't working. We're gonna be stuck here for a minute”.

Rain : “Do you have to do that”?

Caleb : “what”?

Rain : “Just magic. Right now”?

Caleb : “I... I already told you it's not magic. It's skill. It's... It's puzzles, sleight of hand. Everything is contingent on the sleight of mind. Everything's an illusion”.

Sounds : “Get out while you can. That's you're weather on the seven.

Rain: Please, please stop”.

Caleb : “Are you okay”?

Rain : “mm-mm”

Caleb : “Well, you're fidgeting, and your face is flushed, and now your breathing's shortened, so... What are you afraid of”?

Rain : “Nothing. You're just... You're just talking really fast”.

Caleb : “I guess I can have that effect on people sometimes. I mean, it's just because I don't like about inconsequential stuff. like the weather. Which would be ironic, actually”.

Rain : “hmm”?

Caleb : “If it was the weather. You know, like, rain afraid of rain”.

Sounds : “Run now. Rain, run”!

Rain : “No. I just... I just...I just wanna go home”.

Delusion occurs when Rain returns from school and goes for a walk with Caleb. During their journey, they get trapped in the rain and decide to take a short rest because Caleb's car wipers are not working. Inside the car, Rain feels disturbed by the sound of a puzzle game being played by Caleb. Rain also believes that the rain outside and Caleb's game are the reasons for all of her anxieties. Rain is extremely scared and anxious due to the heavy rain and strange sounds that keep following her, causing Caleb beside her to feel concerned and ask about Rain conditions, and ask her " Are you okay?", Rain just shake her head.



Figure 6
Rain think that the cops want to catch her

Caleb : "Rain"?

Rain : "Shh! Shh"!!!

Caleb : "What are you...What are you doing"?

Rain : "They're-they're gonna take me away".

Caleb : "Who"?

Rain : "The cops! My neighbor, she called the cops on me".

Caleb : "The cops! My neighbor, she called the cops on me".

Rain : "You don't believe me"?

Caleb : "No. I mean, I-I don't know, I guess. But why would she call the cops"?

Rain : "She needs to get rid of me, my neighbor. She kidnapped a little girl, and she's keeping her in her attic".

That afternoon at Rain's school, there are several cops on patrol, but Rain thinks that they are looking for her and want to take her away. Caleb tries to convince Rain that they are just on patrol. But Rain thinks that Caleb doesn't believe her. Because Rain believes her neighbor has reported her to the cops to arrest her.

2. Impact of Schizophrenia

Pairan, Muborok, & Nugraha in (Yusi Artika¹, 2021)), states that if schizophrenia is not treated properly, this condition can cause setbacks in various aspects of the sufferer 's life. People with schizophrenia often experience loneliness and social isolation. They face difficulties in interacting with other people because of the negative stigmatization of individuals with mental disorders. As a result, sufferer's tend to feel suspicious and lack trust in other people, so they limit their social life (Videbeck 2008).

Schizophrenia will experience severe risks for sufferers if it is not prevented early. According to Gee (2003) in (Rubyana U, 2012), several impact of schizophrenia towards suffered is;

1. Barriers in interpersonal relationships due to discrimination and social stigma: People with schizophrenia often face discrimination and social stigma from the surrounding community. This can cause obstacles in building and maintaining healthy interpersonal relationships.
2. Lack of behavioral control: Schizophrenia can affect a person's ability to control their behavior.
3. Loss of job opportunities and financial/economic constraints: The impact of schizophrenia can hamper the ability of sufferers to work productively. The symptoms and limitations associated with the disorder often make it difficult for them to hold down a job or earn an adequate income, which in turn can lead to financial constraints and economic problems.
4. Side effects and attitudes to medication: Treatment of schizophrenia often involves the use of antipsychotic drugs which can cause side effects. In addition, the patient's attitude towards treatment can also affect their quality of life. Some sufferers may have a distrust or aversion to treatment, which can hamper their recovery.
5. Psychological response to schizophrenia: People with schizophrenia often experience negative psychological responses to their condition. Feeling worried, useless, and having worries about their future are some examples of common psychological responses.

The impact of schizophrenia on Rain 's character in the movie is;

In "*Fear of Rain* " movie the impact of schizophrenia on Rain 's character is excessive anxiety and fear, visual and auditory hallucinations, and difficulty in distinguishing reality from fantasy. Rain often experiences confusion and difficulty in communicating with others. This condition makes Rain feel isolated and difficult to adapt to the surrounding environment, sometimes even at the risk of injuring herself or others.

The impact of Rain 's schizophrenia on her family and the environment.

The impact of Rain 's schizophrenia on both her family and environment is palpable. Rain frequently experiences hallucinations and delusions that cause her to feel scared, anxious, and sometimes even act aggressively towards other. As a result, this creates tension and conflict between Rain and her family, as well as the people around her such as neighbors and security guards in the apartment where they live. An incident that illustrated this was when Rain entered her neighbor 's house without permission because she thought that the neighbor as hiding a small child upstairs who always screamed for help every night. Rain 's condition also caused her parents and friends too worry and made it difficult for them to understand what was going on with her. Some people even saw her as a potential threat and tried to keep their distance from her.



Figure 7

Rain argued with her father

Dad : "There's no one up there! There's no one up there! there's no one up there, it's your mind. Your mind is just playing tricks on you, please stay away from that house, okay?. If she files another complaint, the state is gonna put you in a hospital. Can you promise me?."

Rain : "Okay ".

Dad ; "Come here", (hugging)

After being haunted by strange voices, on that very night, Rain's father tries to calm her down so that she isn't scared anymore. The next day, John takes Rain to their neighbor's house to make sure if the sound Rain hears is indeed coming from their neighbor's house or not. Upon reaching their neighbor's house, Mrs. Colling allows John and Rain to go up to the attic to confirm and see the condition of Mrs. Collin's house. However, in their neighbor's attic, John and Rain don't find the little child that Rain describes. John and Rain return home and they argue about the truth of the voice of the child asking for help that Rain hears. John and Rain exchange words, which makes John angry, reminding Rain to stay away from their neighbor's house for fear that Mrs. Collin will report Rain to the police. From this incident, we can conclude that the character Rain is very disturbing to the peace of others because she can't control herself in seeking out something that may not necessarily be true.



Figure 8

Mrs Collin Reminds Rain's Father

Mrs Collin : "Enough is enough, John"

John : "Dani, what's going on? "

Mrs Collin : "It's one things when she's having issues, but now she's vandalizing my home and making accusations that could end my career".

John : "Slow down, what? What did....."

Mrs Collin : I've worked my ass off for my retirement, I can't afford to have jeopardized".

John : "What do you want me to do"?

Mrs Collin : "You know what you need to do".

John : "No I-I really don't".

Mrs Collin : "You need to take her in the hospital".

Based on the pictures and conversations between John and Mrs. Collin, it is very clear that Mrs. Collin is very angry at Rain's behavior and actions, which are destroying her neighbor's house. Mrs. Collin explains that at first she understands Rain because of the problems she is experiencing, but Rain's actions and suspicions towards her neighbors exceed the limit, so she is determined to invite her friend to enter Mrs. Collin's house and break the glass. In the conversation in bold, it can be seen that Rain's condition has a very bad impact on the comfort of the surrounding environment, leading her neighbors to suggest taking Rain to the hospital.



Figure 9

Rain doubts Caleb's presence

Rain : "Stop, you need to go". Whether you real or not

Caleb : "No, I am real ". And you're little different, yeah. I don't care about that. I mean I do I.... I care about it, I just. I like you "

One night, Caleb enters Rain's house through the bedroom window. Caleb wants to make sure about Rain's condition because during the day at school, Rain doesn't greet him. It turns out that Rain does this because she feels Caleb isn't a real person. Caleb is too perfect to be friends with Rain, who is sick, because in reality, all Rain's friends at school are avoiding her and only Caleb wants to be friends with Rain. That night in Rain's room, the two of them argue about Caleb's reality. Rain still doesn't believe that Caleb is real, even though Caleb explains to Rain. From the conversation above, it can be concluded that the impact of schizophrenia is very bad for sufferers, where it is difficult for someone to distinguish between the real and the illusion.

3. The Role of Parents.

According to Hughoghi in (Varadhila, 2022), parenting does not emphasize who or the perpetrator but rather emphasizes the activities of the child's development and education. Physical care includes all activities aimed at helping children survive better, by providing basic needs. Meanwhile, social care aims so that children do not feel alienated from their social environment which will affect the child's development in the future.

The family as a social support system can also be said to be the closest means for someone who needs social support. Social support in the family can reduce the level of stress vulnerability and also increase the ability of schizophrenia sufferers to be able to face and overcome problems that cause stress, Chow 2011 in (Prawitasari, 2016)

According to Stratton 2005 in (Varadhila, 2022), family therapy is effective in helping someone with very complex problems with a very complex range ranging from childhood problems such as emotional disorders, eating disorders, and juvenile delinquency, psychiatric problems such as schizophrenia

Rain's parents, Michelle and John, deeply understand their daughter's condition and provide unwavering support throughout the film. Michelle, especially close to Rain, helps her conquer fears and offers constant moral backing. John, equally concerned, even postpones work to be with Rain during her illness. Despite differing approaches, they collaborate to aid Rain. Overcoming initial reluctance to take medication due to side effect fears, Rain eventually accepts her condition with the help of family and therapy. With medical treatment, cognitive behavioral therapy, and talk therapy, Rain triumphs over schizophrenia and embarks on her recovery journey.



Figure 10
John forces Rain to take medicine

John : "Have you been taking your medicine"?"

Rain : "Yes".

John : "Have you"?"

Rain : "It doesn't matter what I say anyways, you don't believe me".

John : "Come here. Come here".

Rain : "Stop. Get off"!

John : "Come here. Take your medicine".

Rain : "Already taken it today".

John : "Take another dose".

Rain : "No dad! Stop! What are you....stop"!!!

John : "Take it"!!!

Parenting is an important role in Rain's healing process. Rain's parents always remind Rain to take sedatives and always carry the medicine with her whenever Rain leaves the house, so that Rain can live her daily life well. They do this because the recurrence of schizophrenia in Rain can have a negative impact on herself, her friends, and the environment around her. As seen in the picture above and in the conversation between John and Rain, John gives medicine to Rain even though he does it forcefully. He does this so that her daughter is not admitted to a mental hospital, driven by his immense love for his only daughter. After Rain destroys and breaks into the neighbor's house without permission, the neighbor comes to their house and reminds John to take good care of Rain. If not, the neighbors will report to the police and Rain will be taken to a mental hospital. Initially, Rain suffers from schizophrenia, and her parents take her to a psychologist for therapy. Every time Rain comes home from school, she always goes to her psychology doctor to share her feelings. Throughout the film *FEAR OF RAIN*, Rain's parents are the ones who support her the most. John is willing to leave his job to accompany Rain during her difficult times. Michelle also becomes a good confidante and a comforting presence for Rain when she feels scared due to the haunting hallucinatory voices. From the roles of Rain's parents in this film, we learn the importance of the closest people, especially parents, being at the forefront of a child's recovery.

4. Conclusion

Based on various sources on this research, the writer concludes that schizophrenia is a multifaceted condition. It exhibits positive and negative symptoms. The main character, Rain, in "*Fear of Rain*," initially experiences positive symptoms like delusions and hallucinations, causing her distress and confusion. Schizophrenia often leads to social isolation due to stigma, impacting Rain significantly. She faces anxiety, difficulty distinguishing reality from fantasy, and struggles to adapt and communicate. This not only affects her but also her family and surroundings. Parents play a crucial role by offering support, ensuring medication adherence, and seeking therapy, as shown by Rain's parents in the movie.

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